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Resource List: Sustainable Planning for Aging in Place

As the wave of baby boomers across America begin to retire, many communities are struggling with how to plan for these dramatically changing demographics. How can older adults remain in their own communities on limited incomes? How will they continue to be mobile? What can communities do to help them remain healthy and engaged citizens? Smart growth and sustainable development strategies are increasingly being recognized by practitioners as effective and efficient ways to enhance quality of life for older people over time. In turn, careful planning for the aging ‘boom’ can allow local governments a strategic opportunity to prepare for the social, environmental, and economic impacts of this change.

This resource list is designed to help local governments get up to speed quickly on the issues and tools that will ensure that older adults enjoy a high quality of life today and into the future. It includes information about national organizations, newsletters and listservs, reports and fact sheets, funding, and conferences. The list is not exhaustive. Rather, it is designed to provide an introduction to the broad range of resources that are available for the increasingly critical challenge of ensuring that communities meet the needs of older adults.

Websites:

National Aging Organization Websites

Administration on Aging (AoA) (www.aoa.gov) is the federal agency within the Department of Health and Human Services (DHHS) that advocates for older Americans, provides home and community based care to this population, and provides funds for services and programs at the state and local level. The AoA is a member of the Aging Network, a partnership of agencies within the DHHS that helps to shape policies, and to plan and deliver services to the aging population. This site includes news on federal policies influencing the aging population, provides resources to locate health and social services for older persons, and information on the AOA’s health related programs.

AARP (www.aarp.org) is a non-profit, non-partisan membership organization for people 50 years and over. AARP advocates for its members on issues ranging from prescription medication to home improvement to current legislation. The website links to the organization’s public policy institute, where recent publications can be downloaded. AARP also provides email alerts on a range of issues through the policy and research department, including livable communities.

American Society on Aging (ASA) (www.asaging.org) is the largest member organization of professionals in the field of aging. The website offers training resources, publications, and educational opportunities to enhance the skills of its members. ASA hosts a number of forums, including the Network on Environments, Services and Technologies for Maximizing Independence (NEST) forum, which deals specifically with Aging in Place issues.

National Asian Pacific Center on Aging (NAPCA) (www.napca.org) is the leading advocacy organization for Asian Pacific Americans (APA's) in their senior years. NAPCA educates and empowers APA's, community leaders, service providers, and elected officials on the unique needs of the Asian Pacific Americans, including cultural and language barriers, health disparities affecting APA's, and access to services. NAPCA offers online resources on the APA population and FAQ's on healthcare for seniors. NAPCA participates in two senior employment programs, including SEE-SPAN (see below in NCBA) and the Senior Community Service Employment Program (SCSEP).

National Association of Area Agencies on Aging (n4a) (www.N4A.org) The National Association of Area Agencies on Aging (n4a) is the leading voice on aging issues for Area Agencies on Aging across the country and a champion for Title VI-Native American aging programs in our nation's capital. AAAs and Title VI programs coordinate services that make it possible for older individuals to remain in their home, preserving their independence and dignity. n4a advocates at the federal level to ensure that needed resources and support services are available to older Americans and their caregivers and provides training and technical assistance to enhance the capacity of its members to best serve their aging population n4a is also a partner in the Aging in Place Initiative (see below).

National Association of State Units on Aging (NASUA) (www.nasua.org) is a non-profit organization that represents the 56 State and Territorial agencies on aging. NASUA advocates the State and Territorial perspective of aging issues and informs policy makers of this angle. NASUA's current priorities include a focus on productive aging, administered through the Center for State Promotion of Productive Aging. NASUA is the institutional home for the National Center on Elder Abuse (NCEA) and National Information and Referral Resource Center.

National Caucus and Center on Black Aged (NCBA) (www.ncba-aged.org) addresses housing, health, and employment obstacles that affect African-American and minority seniors. This website offers publications focused on African-American health issues and demographic studies on minority seniors. NCBA works in partnership with the EPA in Senior Environmental Employment Program (SEE-SPAN), which is designed to assist people over the age of 55 with employment opportunities in the environmental field. For more information, www.ncba-aged.org/see/index.html.

National Council on the Aging (NCOA) (www.ncoa.org) is a network of organizations and professionals in the aging fields. The Center for Healthy Aging, NCOA's research

arm, which publishes tools and resources on health issues, best practice and program case studies, and links to relevant websites. NCOA builds partnerships among its members through focused constituency groups they are able to participate in, and develops new programs to provide services to the aging population.

National Hispanic Council on Aging (NHCOA) (www.nhcoa.org) is an advocacy organization with programs focusing on health, social services, education, economic security, public policy, housing, and strengthening families and building communities. NHCOA offers technical assistance to build capacity among its members and create networks with other Hispanic organizations focused on aging.

National Indian Council on Aging (NICOA) (www.nicoa.org) advocates for improved healthcare and social services to American Indians and Alaska Native Elders. NICOA works to enhance communications and cooperation with service providers and aging organizations to maximize resources available to American Indians and Alaska Native Elders, and to provide a clearinghouse of issues affecting this population. NICOA hosts a biennial conference.

Aging in Place Related Websites

The AdvantAGE Initiative (<http://www.vnsny.org/advantage/>) is based on a survey taken by older adults in ten U.S. communities to assess their needs and concerns about growing older and aging in place. The data gathered from the survey is used to inform communities to take action to be “elder-friendly” by meeting criteria in four areas- basic housing and security needs; maintenance of physical and mental health; independence for the frail, disabled, and homebound; and opportunities for social and civic engagement. The website contains reports, fact sheets, presentations, and other tools based on the survey results from the ten communities that have been examined in the initiative.

Aging in Place Initiative (AIPI) (<http://aipi.n4a.org/index.htm>). A collaboration between N4A and Partners for Livable Communities (www.livable.com), the AIPI is an 18 month commitment with eight selected communities providing technical assistance to enable older adults to age in place. The website offers current resources on the topic of aging in place as well as information on best practices around themes such as economic development, transportation, housing, and local leadership.

Communities for a Lifetime (<http://www.communitiesforalifetime.org/>) 73 towns, cities, and counties in the State of Florida are participating in this initiative to strengthen relationships between local aging organizations and community partners to make civic improvements in the areas of housing, transportation, health care, and efficient use of natural resources. The initiative provides state resources and technical assistance for communities to self-assess the services and opportunities that encourage the quality of life and independence for older adults, and help them to make improvements to enable aging in place.

National Governors Association (NGA)- Center for Best Practices, Aging Initiative (www.nga.org/portal/site/nga/menuitem.1f41d49be2d3d33eacdcbeeb501010a0/?vgnextoid=57a84bf37ebdff00VgnVCM1000001a01010aRCRD) NGA's Aging Initiative sets out to highlight models of best practice and policy to inform and influence the States response to the needs of the aging population. Information on best practices is disseminated through reports and policy briefs, technical assistance, and forums.

Smart Growth Related Websites

Environmental Protection Agency (EPA) Aging Initiative

(<http://www.epa.gov/aging/index.htm>) is a division of the EPA that focuses on protecting the environmental health for older adults. One project is the development of the National Agenda for the Environment and the Aging, which prioritizes environmental stressors that affect older Americans, promotes Smart Growth as a way to protect the environment and to prepare communities for aging boom, and encourages older adults to be involved in addressing the environmental quality of their communities. This website provides fact sheets and reports on how to address each of the Agenda's priority issues, profiles best practices on efforts to improve the environmental health of older persons, and contains relevant news on the topic of aging and the environment.

The Funders' Network for Smart Growth and Livable Communities

(www.fundersnetwork.org) works to strengthen philanthropic support for organizations committed to improving community health through planning and decision-making efforts. The website offers resources on the Network's current projects, news, and a calendar of smart growth related events.

Local Government Commission (www.lgc.org) is a non-profit, membership organization that encourages local government and community leaders to strive for livable communities through networking events, guidebooks and multimedia tools, and a staffed resource library. The LGC's Center for Livable Communities offers information on implementing land-use policies that support Smart Growth principles, hosts trainings, and has a referral hotline.

Smart Growth Online (www.smartgrowth.org), a service of the Smart Growth Network, provides an online catalog of resources, an up-to-date calendar of smart growth related events, and posts news by region. Users can join the Smart Growth Network for free and receive ongoing resources on the topic of smart growth from this national collaborative initiative.

Free Reports, Tools, and Fact Sheets:

2005 Livable Communities for All Ages Competition: Case Studies

Center for Home Care Policy & Research, 2005. 32 pages.

(www.vnsny.org/research/aoacompetition/download/LC_Booklet_FINAL.pdf)

This report presents case studies of the recipients of the most Livable Communities Award for All Ages by the U.S. Administration on Aging. It describes each winning community in detail and how local governments have engaged in certain practices to ensure livability for all its residents, which can be transferable to other local governments across the nation.

Acronyms in Aging

AARP Research Information Center, 2004. 53 pages.

(<http://assets.aarp.org/rgcenter/general/acronyms.pdf>)

This comprehensive guidebook lists the acronyms for numerous agencies, laws, and programs that are relevant to those working in the aging field.

Active Living for Older Adults: Management Strategies for Healthy and Livable Communities

Eric Feldman, 2003. 16 pages.

(<http://www.icma.org/main/ld.asp?ldid=17010&hsid=1&tpid=31>) This report highlights the health, economic, and social benefits of active living for communities, specifically for older adults. The report serves as a guide to assist local government managers and leaders implement active living strategies through land use planning, transportation, and housing efforts, and by building public awareness and support.

Aging in Place: A Toolkit for Local Governments

M. Scott Ball, 36 pages.

(<http://www.smartgrowthamerica.org/AgingInPlace.pdf>) Aging in Place describes three components- healthcare, environment, planning and zoning- that are essential to an aging in place strategy. The toolkit describes how implementing measures for older people to age in place is a cost-effective option to address the shift in demographics and why these strategies are beneficial to aging individuals and their families who live in these communities.

Aging and Smart Growth: Building Age Sensitive Communities

Deborah Howe, 2001. 15 pages.

(http://www.fundersnetwork.org/usr_doc/aging_paper.pdf) Current land-use planning, regulations, and policies create many obstacles for older adults to remain independent. This article calls for strong leadership to implement smart growth policies, to use as a framework to create “age-friendly” and “elder-sensitive” places to live.

Beyond 50.05: Creating Environments for Successful Aging

Andrew Kochera, Audrey Straight, Thomas Guterbock, 2005. 112 pages.

(http://assets.aarp.org/rgcenter/il/beyond_50_communities.pdf)

This AARP report focuses on how the physical and social environment influences the quality of life for aging adults. It highlights specific community features that can encourage older adults to be active and civically involved, and recommends ways that leaders can implement these elements in their communities.

Counties Face the Senior Boom

Richard L. Clark, 2004. 24 pages.

(<http://www.naco.org/ContentManagement/ContentDisplay.cfm?ContentID=13923>)

Published by the National Association of Counties (NACo), AARP, and the National Center for the Study of Counties (NCSC), this report is based on survey results from a study seeking to measure the extent of the economic, social, and human impacts of an aging population in counties nationwide. The survey tool focuses on the challenges county governments face in preparing for a declining workforce as adults grow older and retire, and to understand county governments preparedness in catering services and programs for the growing senior population.

Indicators List: Essential Elements of an Elder Friendly Community

The AdvatAGE Initiative, 4 pages.

(<http://www.vnsny.org/advantage/indicators.pdf>) This document illustrates four categories of indicators that comprise an elder-friendly community: basic housing and security needs; maintenance of physical and mental health; independence for the frail, disabled, and homebound; and opportunities for social and civic engagement. The report describes multiple indicators that fall into each of these categories.

Issue Summary: Aging in Place and Smart Growth

Nadejda Mishkovsky, 2005. 4 pages.

(<http://www.icma.org/upload/library/2005-05/{C9D5E1F9-2E1C-493F-9F92-51090B615614}.pdf>) cites the many benefits of utilizing Smart Growth strategies to enhance the aging process for the growing number of adults in the United States.

Livable Communities: An Evaluation Guide

Herber Center for Design Excellence at Arizona State University, 2005. 132 pages.

(http://assets.aarp.org/rgcenter/il/d18311_communities.pdf) Written to assist local community groups and residents assess the livability of their communities, the report offers a survey tool to evaluate mobility and transportation options, safety and security, shopping, housing, health services, and recreation issues for the aging population. Each chapter includes success stories to explain what measures have been taken to address each issue.

State Policies for Shaping Healthy, Active Communities: A Michigan Case Study

NGA Center for Best Practices, 2005. 15 pages.

(<http://www.nga.org/Files/pdf/05ActiveLivingIssueBrief.pdf>). Written by the NGA, this report highlights Michigan's "Active Community Policies" that work to promote active

living and health among all its residents. Many of these policies draw upon smart growth principles such as walkability and open space preservation.

Newsletters and Listservs:

For current information about aging in place and community approaches to enhancing livability, listservs and e-newsletters are an excellent resource.

Aging Initiative Listserv Published by the EPA, the listserv is designed to inform and reduce older adults' exposure to environmental hazards through information dissemination and news updates. Subscribe at <http://www.epa.gov/aging/resources/listserv.htm>.

Aging in Place Initiative (http://aipi.n4a.org/listserv_signup.htm). This newsletter provides updates on the work of Partners for Livable Communities and National Association of Area Agencies on Aging with their target communities, current news about aging in place, and updates on the AIP publications and resources that are newly available on the website.

HEALTHYAGING-LIST (<http://www.cdc.gov/aging/forum.htm>) is an e-mail forum sponsored by the Centers for Disease Control and Prevention. This forum targets professionals with an interest in healthy aging and public health. It provides information on funding opportunities, news, trainings, publications, and other current resources.

Funding:

Administration on Aging Grant Programs (www.aoa.gov/doingbus/grants/grants.asp). This website links to the Administration on Aging grant programs through Grants.gov, which offers annual funds to local governments, non-profits, and faith-based organizations that are preparing for the growing aging population in their communities and developing a long-term care system for elderly individuals. The viewer can apply for grants directly through this website.

Catalog of Federal Domestic Assistance (<http://12.46.245.173/cfda/cfda.html>) is a database that posts federal funding opportunities for local or state governments. The website categorizes funding assistance by agency, explains different types of federal support, and offers tips with writing grant proposals.

Environmental Protection Agency Grants

(<http://www.epa.gov/aging/grants/index.htm>) Through the EPA Aging Initiative, funding is available for programs ranging from air quality to pedestrian safety. This website posts detailed information about each grant program.

Grantmakers in Aging

(www.giaging.org) Grantmakers in Aging is a national organization of funding agencies that focuses specifically in the field of aging. GIA programs include regional forums and nation-wide conference calls, mentoring programs to link professionals in the aging fields

with new members to assist with development, the EngAGEment Initiative to familiarize donors with aging issues, and an annual conference.

Conferences:

Annual New Partners for Smart Growth: Building Safe, Healthy, and Livable Communities (<http://www.outreach.psu.edu/C&I/SmartGrowth/location.html>) is an annual conference organized by Penn State University and the Local Government Commission. This conference is an opportunity for professionals across a wide-range of disciplines to network with each other, to attend lectures and interactive workshops, and to learn about new smart growth policies and implementation strategies.

National Association of Area Agencies on Aging's Annual Conference and Tradeshow (<http://www.n4a.org/2006conf/chicago2006.cfm>) brings together the directors and staff of Area Agencies on Aging and Title VI–Native American aging programs, along with local, state and federal officials, aging service providers and others to exchange ideas on how to meet the challenges of serving our nation's older population and learn about innovations in programs, services and products. n4a's 2006 conference, "Shaping Communities for a Maturing America," will highlight the accumulated knowledge and wisdom about the ways that communities are preparing to meet the needs and capitalize on the assets of our growing aging population.

The National Council on the Aging (NCOA) and the American Society on Aging (ASA) Joint Conference on Aging (<http://www.agingconference.org>). Each year NCOA and ASA host an educational conference themed around a particular aging issue. In 2005, the theme was "The Changing Face of Aging", and the 2006 conference titled "Invest in Aging: Strengthening Families, Communities, and Ourselves" will feature the latest research findings, discussions on policy and advocacy, and 800 different educational sessions.